

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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It is not often that you get hugged by one of the greatest distance aces in history. Here winners Motlokoa Nkhabutlane and Caroline Wöstmann get "the Gebrselassie treatment" at the Old Mutual Two Oceans finish line. Tanith Maxwell (below) finished third and at bottom right watches as Wöstmann talks to the media. [Image SA]



EDITORIAL

A smile is worth a thousand words. When Caroline Wöstmann sped past defending champion and race leader Nina Podnebesnova (RUS) less than 5 km from the finish of the Old Mutual Two Oceans Marathon on Saturday, a wide grin lit up her face – an almost unbelievable smile that stayed there until the finish on the grass of the sports fields at the University of Cape Town. When she came into the



media conference a good while later, it was still there – and for good reason: she had become the first South African winner in 14 years, and the very first since the race became a real international event.

Wöstmann, 32, won in 3:41:23, an almost incredible 73 minutes and 20 seconds faster than her only other attempt at the race two years ago. She finished as the first South African in last year's Comrades Marathon (sixth in 6:51:43), but this was the greatest victory of her short career. In the Comrades she won R205,000 in prize money and incentives; here she took home R257,500.

The men's race was dominated by overseas runners and there was only one South African in the top ten – the fewest since the same number in 2010. Like last year, the winner was from Lesotho: Motlokoa Nkhabutlane, who finished in 3:10:27, just more than two minutes ahead of Zimbabwean Collen Makaza.

Nothing came of the expected challenge from South African marathon star Hendrick Ramaala, and the only SA athlete who won a gold medal was Mthandazo Qhina, fourth in 3:14:26. Ramaala was not even the first veteran; the 40-49 category went to Johannes Kekana in 3:21:50.

Wöstmann, a chartered accountant who lectures management accounting and finance in Johannesburg, although she lives in Pretoria, is "a breath of fresh air in South African road running", as one journalist put it. She herself was elated. "My coach said I should aim for 3:50. I said no, 3:50 is too hard. I don't know how it happened. [Spectators] said I was twelfth on Ou Kaapse Weg [just after halfway]. I'm training for the Comrades and I felt good up the hill, so I overtook some girls up the hill and then some more going down. Then I thought I might make the podium, but I started doubting myself."

After passing Podnebesnova, "for 3 km I put the accelerator down. But with 2 km to go, I did feel a bit tired". No one would have guessed that, because she finished looking as fresh as the proverbial daisy amid a roar from the crowd.

Earlier, Podnebesnova went out like a bullet, and she admitted later that she was chasing Frith van der Merwe's race record, which has stood since 1989. In cool conditions – although the headwind picked up from around 15 km and it also started raining – she reached the halfway mark in 1:48:53 – more than a minute ahead of Tanith Maxwell, in her first ultramarathon, Paulina Njeya and Chelitu Bogale Assefa (ETH). Wöstmann was more than four minutes behind the leader at this stage.

The strength-sapping climb up Ou Kaapse Weg, which rises to a demanding 315 m above sea level – more than 130 m higher than Chapman's Peak on the traditional route – took its toll on the leaders. Podnebesnova reached the standard marathon mark in 2:46:08, Maxwell held on to second, but behind them the strongly running Wöstmann had cut the deficit by more than a minute. She was now third, almost a minute ahead of Thabita Tsatsa (ZIM), the 2013 winner.

Behind her the 2014 runner-up, Shitaye Gemechu Debelle (ETH), who had looked uncomfortable earlier on, had dropped out.

They reached the next climb, Southern Cross Drive, which rises to 181 m, at 45 km, and by now Wöstmann had gone past Maxwell, who was running smoothly but had no answer to Wöstmann's charge. Unlike Ou Kaapse Weg, which is open to the elements and rather bleak – made worse by the recent wildfires which caused the race to be run over this pass instead of Chapman's Peak – the ascent through the leafy suburb of Constantia is sheltered by trees lining the road and it is difficult to see far ahead.

What was happening ahead of the flying Wöstmann was that Podnebesnova had started to falter. Her strong, rhythmic stride shortened, her shoulders started to sway and for the first time her face showed strain.

At 50 km, about 2 km beyond the crest of the hill, the Russian (3:19:51) was still ahead, but the South African was now only 41 seconds behind. Her time of 3:20:32 here is more than 20 minutes faster than her personal best for the distance. The inevitable came less than 2 km further, with the clock showing 3:26, and Wöstmann was away in a flash. With her blonde hair tucked into a white cap turned front to back, she smiled broadly – not for the television camera, one thought, but a smile of utter joy and contentment with a job well done. A rare sight indeed in a race that demands so much of the competitors.

The job was not over, of course, but there was no stopping her. She ran the last 6 km in 20:51, compared to Podnebesnova's 24:13 and Maxwell's 23:08.

Podnebesnova, who won last year in 3:40:07, finished in 3:44:04, while Maxwell, just as happy as Wöstmann, went over the line in 3:45:18.

"I was going for the record," Podnebesnova said. "I started a little too fast and after 15 km I felt it. The weather was also a killer. The wind was too strong and the rain was a problem. But maybe next year."

Wöstmann, who was met at the finish, like all the top athletes, by distance legend Haile Gebrselassie, is the first South African champion since Gwen van Lingen took the crown in 2001 – when, incidentally, the race was also run on the "alternate" route over Ou Kaapse Weg. But that was before the international ultra stars began coming to Cape Town for the Easter race in large numbers.

To find two South Africans in the top three one has to go back another year, 2000, when Sarah Mahlangu won and Grace de Oliveira was third. There were only two foreigners in the top ten then.

Since her sixth place in the 2014 Comrades Wöstmann has come under the guidance of sports scientist Lindsey Parry at the University of Pretoria's High Performance Centre. This has changed her outlook completely and "made a huge difference", resulting in one personal best after another. One of these was her 2:44:57 marathon in Port Elizabeth in December.

"All this training was for Comrades," she said. "They say that a good Two Oceans blows your Comrades, but I guess I'll find out in training this week. I'm sure Lindsey will know what to do."

The five South African women in the top ten are the most since six turned the trick in 2010. Charné Bosman, who also has her eyes on the Comrades, was fifth, Njeya ninth and another Comrades hopeful, Julianie Basson, tenth. Former winner Simona Juhász-Staicu (HUN) was sixth and American Devon Yanko seventh. (Congratulations to Bosman and Basson, as well as to half-marathon masters winner Elmarie Coetzee, who are all DRR subscribers.)

In the men's race a large group of runners containing all the main contenders formed soon after the start, allowing the usual "TV runners" to set off into the darkness. Looking good among them was defending champion Lebenya Nkoka (LES), with his countrymen Nkhabutlane (who was second in 2011 but finished only 49th last year after suffering an injury), Moses Moeketsi Mosuhli (who did not finish last year after third in 2013), Warinyane Lebopo (4th last year), Mpesela Ntlotsoeu, Lebohang Mahloane, Teboho Sello and Lehlohonolo Raletsebele around him.

By halfway, with Ou Kaapse Weg looming above them, the lead pack of Lesotho stars had Qhina, Makaza, Mike Fokoroni (ZIM), Mohammed Temam Hussein (ETH) and Edward Mothibi with them. Sello was slightly in the lead in 1:34:12. South Africa's marathon record holder, Gert Thys, was 40 seconds behind, but would soon drop out.

While there was no one charging from behind, as Wöstmann would do in the women's race twenty minutes later, the hill steadily thinned the group out while the rain came down just as steadily, and only eight reached the marathon mark together in 2:24:00 – Nkhabutlane, Makaza, Mosuhli, Qhina, Fokoroni, Sello, Nkoka and Raletebele. Mothibi was just behind, with former champion (and triple Comrades champion) Stephen Muzinghi (ZIM) and Charles Wachira Maina (KEN) around 40 seconds in arrears.

Then came Southern Cross Drive and, while not as high as Constantia Nek on the traditional route, it played the same role and decided the outcome. On the steepest part Nkhabutlane and Makaza, who was third in 2012 and fourth in 2013, took control and surged away from their rivals. Even Nkoka, so dominant last year after the summit of Constantia Nek, had no reply (and would drop out soon after 50 km).

The twosome tested each other, both looking strong. But in fact one was much stronger, and Nkhabutlane delivered the blow as they turned right at the top of the hill, just before 48 km where they joined the traditional route. He ran the next couple of kilometres at sub-3 minute pace and although he said afterwards that he was "still scared that there were some guys behind me, but I decided to just go on and not think about anyone else", it was clear that he was on his way to victory.

Makaza held on for second in 3:12:41, 63 seconds ahead of Mosuhli. Muzinghi finished strongly to take seventh, his best position since his win in 2012. A struggling Ramaala was 17th in 3:24:00, more than 12 minutes slower than last year.

Nkhabutlane, who lives in the capital of Maseru, said the Lesotho runners' success stems from training together in the mountains of their country, although they do not go to the highest altitudes. "That makes one slow. I trained for six months for this race, working on my speed. I couldn't have done it without my team-mates. We train together and during a race we work well, talking to one another to see which one is stronger [and] to encourage each other."

Both Nkhabutlane, 30, and Makaza, 32, said they would not run the Comrades because they considered themselves too young. The Lesotho athlete added that he wanted to qualify for his country's 2016 Olympic team in the marathon (he has a PB of 2:14:51, also run in Cape Town).

In the women's race grandmaster Nancy Will, 62, set a new world age-category best of 4:12:54 at 50 km, but at the finish her 4:44:48 missed the course record by 21 seconds.

Two runners, Tony Abrahamson and Louis Massyn, finished their 40th Two Oceans, in 5:16:47 and 6:57:42 respectively.

In the accompanying half marathon the men's race was decided in a sprint finish, with Stephen Mokoka (1:04:03) just edging out Elroy Gelant (1:04:07) and Joel Mmone (1:04:08). It was Mokoka's fourth win in the race, and third in a row. All three said their focus will now shift to

Stephen Mokoka takes the half-marathon title, with Elroy Gelant and Joel Mmone chasing hard in the background. [Image SA]



the track to try and qualify for the World Championships. Lusapho April, who will run the Boston Marathon on 20 April, finished fifth in 1:04:23.

In the women's race the Phalula twins, Lebogang (1:14:51) and defending champion Lebo (1:15:34), sandwiched Mapaseka Makhanya (1:15:11), who was fourth last year.

Course records went to Koba Bellingan (grandmaster, 1:47:19), who just broke Will's mark, Sam Mokoena (junior, 1:13:02), and Nonhlanhla Dlamini (junior, 1:24:29). There were four list leaders.

With the late publication this week of DRR's US partner, *Race Results Weekly*, we will catch up with international results next week.

The name of the half marathon held in East London on 15 March (results in last week's DRR) was the 60:11 Historical Half Marathon; it was also the Border Championships.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Old Mutual Two Oceans Marathon and Half Marathon, Cape Town
 - * Harry Gwala District Marathon & 10 km, Umzimkulu
 - * Laguna Mall 10 km, Langebaan
 - * Battlefields Marathon, Half Marathon & 10 km, Newcastle
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BACKGROUND

SUNNYPARK SHORT, BUT SPAR NOT

By Riël Hauman

Concerns have been expressed to *Distance Running Results* about the large number of personal bests recorded at the Spar Grand Prix 10 km in Cape Town (results in last week's DRR). The race was run on what is probably one of the three fastest courses for this distance in the Cape Peninsula (the others are the Fast & Flat 10 in Bellville and the Top Form 10 km in Athlone) and in weather conditions that were some of the best this writer can remember for a long while at this time of the year in the Mother City, where it can often be quite windy. On top of that, the pace was red-hot from the beginning and the competition fierce.

Using the Race Time Bias (RTB) formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), the times of 27 runners – many more than are usually available for this calculation – were analysed. This resulted in an RTB figure of -2.44 sec/km – well under the maximum allowable limit of -5 sec/km. This course, measured by Gavin Wright, is therefore quite in order.

Another race of which results were included last week also raised alarm bells. In the Mall of the North 10 km in Polokwane a virtually unknown runner (at least to DRR), Reghen Magwai, ran 29:39. DRR could find only two previous times for him in 2015, 29:38 for the Sunnypark Right Run 10 km earlier in March (the results of which were not published in DRR) and 32:37 for the George Claassen 10 km in January (where times were adjusted because of a marshalling error; see DRR 15:5) – and then nothing for 2014, but a further two performances in 2013 (32:53 and 32:47). It seemed inconceivable that a runner with such a performance record could suddenly achieve two times well under 30 minutes, i.e. an improvement by more than 3½ minutes!

For the Sunnypark race eight time comparisons resulted in an RTB figure of -7.34 sec/km, so this race appears to have been short.

However, to muddy the waters a bit, the RTB figure for the Polokwane race (seven time comparisons), where Magwai, who was born in 1991, clocked one second slower than in Pretoria, is -4.43 sec/km – just within the allowable limit. Thus, although doubts remain about the times achieved by Magwai, at least the Polokwane times should be accepted. (The accompanying marathon had an RTB figure of +6.16 sec/km for seven times and the half marathon +0.52 sec/km for eight times.)

ROAD RUNNING

Old Mutual Two Oceans Marathon (46th) and Half Marathon (18th)

Cape Town, 4 April

(Distances: Ultra – 56 km; certified near-loop course with S/F separation of 2.85%, very hilly in second half. Half-marathon – 21.1 km; certified near-loop course with S/F separation of 7.56%, very hilly. The finish is 65m HIGHER than the start for both races [both races use the same start and finish areas]. The "alternate" route over Ou Kaapse Weg was used this year for the longer race. Finishers: Ultramarathon, 8678 [up from 8199 last year]; Half marathon, 13,124 [slightly down from 13,180]. Weather: Cool; windy with rain in the second half of the ultramarathon [and for most of the field in the half marathon].)

Ultramarathon

MEN

1	Motlokoa Nkhabutlane	LES	30	3:10:27	R250 000
2	Collen Makaza	ZIM	33	3:12:41	R125 000
3	Moeketsi Mosuhli	LES/Maxed Elite	33	3:13:44	R65 000
4	Mthandazo Qhina	Nedbank WP	37	3:14:26	R35 000*
5	Charles Wachira Maina	KEN	32	3:16:44	R25 000
6	Mike Fokoroni	ZIM/Maxed Elite	38	3:16:55	R15 000
7	Stephen Muzhingi	ZIM	39	3:17:28	R14 000
8	Mohammed Temam Hussein	ETH	34	3:18:37	R13 000
9	Teboho Sello	LES/Maxed Elite	36	3:19:03	R12 000
10	Arnold Kibet Kiptaoi	KEN	27	3:19:05	R10 000
11	Lehlohonolo Raletsebele	LES/Maxed Elite	32	3:20:46	
12	Ben Matiso	Itheko AC	28	3:21:09	R7500i**
13	Johannes Kekana	Cool Running AC	42	3:21:50	R2500ii
14	Jesse Njoroge Gichuni	KEN	32	3:22:30	
15	Gashaw Melese Asfaw	ETH	36	3:22:36	
16	Mzwanele Maphekula	Bluewater Bay RRC	38	3:22:56	
17	Hendrick Ramaala	Nedbank	43	3:24:00	
18	Lucas Nonyana	Maxed Elite	35	3:25:54	
19	Claude Moshiywa	Nedbank AGN	40	3:26:40	
20	Thabo Motaung	Scaw Harriers AC	26	3:26:51	
21	Sityhilo Diko	Nedbank WP	23	3:28:27	R5000i
22	Edward Mothibi	Impala MC Rustenburg	30	3:28:42	
23	Tarisai Rukadza	ZIM/Guguletu AC	33	3:29:41	R2500i
24	Thuso Mosiea	Maxed Elite KZN	39	3:30:26	
25	Thulane Magagula	Germiston Callies Harriers	38	3:30:37	
26	Sam Munyai	Nedbank AGN	35	3:31:03	
27	Joseph Molaba	Nedbank	42	3:31:04	
28	Vusi Sokhela	Maxed Elite	37	3:31:04	
29	Thabo Nkuna	Cool Running AC	35	3:32:24	
30	Peter Muthubi	Maxed Elite	33	3:32:44	
31	Odwa Tunyiswa	Cool Running AC	30	3:32:55	
32	Simphiwe Vellem	Guguletu AC	35	3:32:56	R1000i
33	Abongile Snyman	Easterns Kraaifontein AC	31	3:33:39	
34	Mbogeni Ngxazozo	Gauteng Striders	35	3:33:41	

35	Mila Pasiya	Nedbank Eastern Cape	35	3:36:09
36	Lucas Raseruthe	Cool Running AC	33	3:38:12
37	Phathalla Mohloli	LES/Maxed Elite	31	3:38:55
38	Masilo Matjiane	LES	31	3:39:19
39	Ruben Setumu	Nedbank	47	3:39:28
40	Luyanda Mapoyi	Wild Runner AC	29	3:39:39
41	Eric Sigxashe	Motherwell AC	36	3:40:02
42	Phumlani Nxusani	Nedbank WP	27	3:40:09
43	Cleophas Kiptoo Cheruiyot	KEN	30	3:40:09
44	Anele Maliza	Nedbank Eastern Cape	37	3:40:12
45	Melikhaya Kepe	Nedbank Eastern Cape	38	3:40:16
46	Patrick Mukwevho	Ricoh AC	42	3:41:33
47	Fantastic Gezani Makhubela	Atteridgeville Juluka Diggers	33	3:41:38
48	Mdumiseni Zondi	Natal Carbineers AC	35	3:41:59
49	Thabo Mokhatla	Sibanye Gold Beatrix Mine AC	29	3:42:09
50	Imran Paya	MAW/Guguletu AC	37	3:42:11
51	Kwena Mmonwa	Exxaro AC AGN	30	3:43:07
52	Bonginkosi Noluhlazana	Cheetahs AC	36	3:44:19
53	Richard Flint	VOB	30	3:44:34
54	Innocent Nyawose	Queensburgh Harriers	35	3:44:41
55	Mosongo Mokoatsi	Benoni Harriers AC	38	3:44:43
56	Harbert Mokgala	Cool Running AC	39	3:45:43
57	Melikhaya Malinga	Tinarha AC	34	3:45:45
58	Mthembeni Ndlela	Maxed Elite KZN	38	3:46:07
59	Craig Cynkin	Olifantsfontein AC	29	3:46:14
60	Bongani Possa	Nedbank AGN	27	3:46:17
61	Jerry Rakau	Fitness From Africa AC	30	3:46:43
62	Anda Lubelwana	Hout Bay Harriers	28	3:46:48
63	Solomon Tema	Cool Running AC	42	3:47:01
64	Nkosingiphile Ntuli	Scottburgh AC	31	3:47:24
65	Sthembiso Gcaba	Gallopers AC	35	3:47:32
66	Lebohlang Mahloane	LES/Maxed Elite	32	3:47:51
67	Charles Tjiane	Maxed Elite	40	3:48:10
68	Sibusiso Headman Magadeni	Germiston Callies Harriers	37	3:49:13
69	Thapelo Mofokeng	M.A.D. Multisport	34	3:49:33
70	Reform Ndlovu	Randburg Harriers	52	3:49:37
71	Jade Muller	Achilles Amateur Athletic Ass	28	3:49:38
72	Thabiso Bontsi	Honey Lotus AC	30	3:50:12
73	Zwelithini Vaphi	Germiston Callies Harriers	43	3:50:13
74	Aubrey Flepu	Nedbank Bloemfontein Achilles	42	3:50:27
75	Thomas Adams	GBR	37	3:50:38
76	Benzani Motau	Exxaro AC AGN	34	3:51:30
77	Mistake Moffat	MAW/Jeppe Quondam AC	37	3:52:07
78	Petrus Moeletsane	Honey Lotus AC	37	3:52:11
79	Billy Makate	Arcadia Running Club	35	3:52:17
80	Shaun Meiklejohn	Orion AC	53	3:52:40
81	Jeremiah Mapheto Kgomokaboya	Cool Running AC	36	3:52:46
82	Petros Ngwenya	Airports AC	35	3:52:55
83	Luntu Kosana	Guguletu AC	37	3:53:28
84	Teboho Noosi	LES	27	3:53:34
85	Lucky Madlala	Queensburgh Harriers	35	3:53:36
86	Martin Keulemans	NED	47	3:53:45
87	Timothy Makofane	Scaw Harriers AC	43	3:53:59
88	Clement Nkosi	Nedbank KZN	32	3:54:08
89	Mandla Phangalele	Guguletu AC	37	3:54:19
90	Keith Clark	Outeniqua Harriers	40	3:54:27
91	Karel Burger	Boksburg AC	34	3:54:32

92	Nick Bester	Boksburg AC	25	3:54:33
93	Renier Grobler	Nedbank AGN	32	3:54:33
94	Khangelani Ndebele	ZIM/Morningside AC	32	3:54:44
95	Samuel Bolo	Bedfordview Country Club	37	3:55:04
96	Ntandoyenkosi Xulu	Nrb Harriers	34	3:55:10
97	Isaac Mahlake	Gallopers AC	37	3:55:29
98	Nhlanhla Khanyile	SANDF KZN	43	3:55:34
99	Zamani Cele	Chesterville AC	36	3:55:59
100	George Mosia	Zig Zag	36	3:56:05

Other finishers: 184. Kgatatso Checha 4:07:18; 457. Dicardo Jakobs 4:31:53; 985. Warinyane Lebopo (LES) 4:54:40.

DNF: Lebenya Nkoka (LES), Michael Mazibuko, Mpesela Ntlotsoeu (LES), Gert Thys.

*) Qhina won an additional R7500 as the first SA athlete and R10 000 as the first WP athlete.

***) Matiso won an additional R5000 as the second SA athlete.

i) Incentive for the 2nd, 3rd, 4th and 5th WP athlete.

ii) Incentive for the third SA athlete.

Veterans:

1	Johannes Kekana	Cool Running AC	42	3:21:50	R10 000
2	Hendrick Ramaala	Nedbank	43	3:24:00	R5000
3	Claude Moshiywa	Nedbank AGN	40	3:26:40	R4000

Masters:

1	Reform Ndlovu	Randburg Harriers	52	3:49:37	R5000
2	Shaun Meiklejohn	Orion AC	53	3:52:40	R4000
3	Vladimir Kotov	BLR/Century City AC	57	3:57:31	R3000

G'masters:

1	Francis Mukuka	ZAM	60	4:24:13	R4200
2	Keith Daly	Germiston Callies Harriers	60	4:48:00	R2600
3	Sizinzo Kama	Achilles Amateur Athletic Ass	63	4:48:23	R1600

G/g'masters:

1	Brian Key	Foresters	76	4:52:12	R600
2	Steve Koller	RAC	70	5:52:38	R450
3	Kobus Gerber	Port Elizabeth Amateur AC	71	6:09:26	R300

WOMEN (Same prize money as men)

1	Caroline Wöstmann	Nedbank AGN	32	3:41:23	R7500i
2	Nina Podnebesnova	RUS	35	3:44:04	
3	Tanith Maxwell	Boxer Superstores AC	38	3:45:18	R5000i
4	Thabita Tsatsa	ZIM/Maxed Elite	42	3:51:11	
5	Charné Bosman	Nedbank AGN	39	3:54:31	R2500i
6	Simona Juhász-Staicu	HUN	43	4:01:09	
7	Devon Yanko	USA	32	4:01:39	
8	Chelitu Bogale Asefa	ETH	23	4:01:40	
9	Paulina Njeya	Nedbank AGN	37	4:03:57	
10	Julanie Basson	Born 2 Run AC	40	4:06:13	
11	Yolande Maclean	Born 2 Run AC	37	4:09:51	
12	Danette Smith	Cape Multisport Club	26	4:10:17	R10 000ii
13	Stephanie Smith	Born 2 Run AC (Border)	29	4:11:23	
14	Lesley Train Austin	Krugersdorp Road Runners	41	4:12:51	
15	Sophia Sundberg	SWE	30	4:18:20	
16	Jennifer Koech	KEN	35	4:21:05	
17	Ntombesintu Mfunzi	Nedbank Eastern Cape	33	4:21:05	
18	Ursula Frans	Nedbank WP	46	4:21:56	R7500ii
19	Adele Waldron	West Coast AC	41	4:22:21	R5000ii

20	Toni Bennetts	Klerksdorp Marathon Club	35	4:24:13	
21	Jane Mudau	Pietersburg Road Runners	52	4:25:23	
22	Elizabeth Phaka	Born 2 Run AC	36	4:25:58	
23	Mitsie van der Westhuizen	New Balance AGN	40	4:26:17	
24	Mary Khourie	Nedbank	31	4:26:19	
25	Nonsikelelo Mbambo	Natal Carbineers AC	36	4:26:37	
26	Cary-Ann Smith	Nedbank KZN	35	4:29:54	
27	Danka Erasmus	Magnolia Road Runners	28	4:29:57	
28	Simone Verster	Savages AC	36	4:31:53	
29	Sarah Wilson	Westville AC	34	4:31:57	
30	Tracy Forbes	VOB	42	4:33:23	R2500ii
31	Orbertina Kanyongo	ZIM/West Coast AC	47	4:33:38	R1000ii
32	Jana Trojan	CZE/VOB	47	4:33:57	
33	Sylvie Scherzinger	VOB	43	4:34:05	
34	Megan Winderley	GTX Athletics	30	4:34:12	
35	Maria Vilakazi	Run Walk For Life CGA	39	4:34:27	
36	Anel van Wyk	Nedbank SWD	35	4:34:43	
37	Lisl Grobler	Knysna Marathon Club	38	4:35:32	
38	Thalia Charalambous	Atc Running	25	4:36:03	
39	Seipati Peo	Maxed Elite CGA	33	4:36:57	
40	Nancy Cloete	Outeniqua Harriers	28	4:38:12	
41	Michelle Scott	DHS Old Boys AC	35	4:38:28	
42	Helga Mathee	Nedbank SWD	40	4:38:30	
43	Laura Holton	GBR	33	4:38:56	
44	Carly Kent	Sunninghill Striders	39	4:39:21	
45	Vanessa Bowman	Kempton Road Runners	45	4:39:43	
46	Candyce Hall	Carbineers WP	30	4:39:51	
47	Helena Oberholzer	Pirates Road Running Club	38	4:40:57	
48	Carien Visser	Tuks AC	47	4:41:06	
49	Anelle Vorster	Irene AC	42	4:41:17	
50	Funeka Zaula	Makana AC	31	4:42:38	
51	Patricia Dammann	Team Vitality	41	4:42:41	
52	Elmarie Bezuidenhout	Charlo AC	33	4:42:43	
53	Lesego Hlako	Zwakala AC	33	4:43:14	
54	Jene Banfield	Run Walk For Life EP	44	4:43:17	
55	Amanda Silver	Rand AC	35	4:43:26	
56	Kaoma Chileshe	Post Office AC	35	4:43:52	
57	Barbara Luckemeyer	Alberton Road Runners Club	44	4:44:35	
58	Heather Phipson	Rand AC	43	4:44:50	
59	Enie Molatseli	City Of Ekurhuleni	34	4:44:52	
60	Sarah Gordon	Whalers AC	45	4:44:53	
61	Danielle Adlam	Nedbank KZN	34	4:44:54	
62	Nancy Will	Pinelands AC	62	4:44:58	
63	Nicola Pabst	Magnolia Road Runners	39	4:45:31	
64	Nokholo Hlezupondo	SANDF EP	36	4:46:08	
65	Georgina Ayre	Running Inn AC	38	4:46:52	
66	Stefanie Queren	GER	36	4:46:53	
67	Miranda Symons	Wild Runner AC	36	4:47:05	
68	Christine Michel	SUI	42	4:47:22	
69	Monica Vorster	Boksburg AC	39	4:47:49	
70	Laura Peddle	Strand AC	32	4:47:59	
71	Mary-Anne Nieuwoudt	Rand AC	33	4:48:00	
72	Liesl Stoltz	Durbanville AC	38	4:48:17	
73	Clara Betton	Bidvest AC	40	4:49:00	
74	Suzette Vermaak	Nedbank WP	46	4:49:03	
75	Isel Barnard	Magnolia Road Runners	27	4:49:18	
76	Anne Stewart	Rand AC	45	4:49:29	

77	Heather Walden	Born 2 Run AC	41	4:49:58
78	Helen Bolton	Collegians Harriers	40	4:50:15
79	Christine Claasen	Achilles Amateur Athletic Ass	50	4:50:31
80	Sibongile Ziqubu	Eskom Gijimas AC KZN	42	4:51:13
81	Elmarie Goodchild	Nedbank Bloemfontein Achilles	34	4:51:16
82	Natasha Malan	Assegaai Marathon Club	33	4:51:17
83	Nicola Hewitt	Riverside Harriers	41	4:51:21
84	Clare Mullenger	GBR	36	4:51:24
85	Bathabile Manyaka	Diepsloot AC	32	4:52:00
86	Tania Anderson	VOB	43	4:52:03
87	Julie Shadwell	Phobians	53	4:52:38
88	Elizma Horne	Somerset East AC	36	4:52:49
89	Val Watson	New Balance AGN	59	4:52:56
90	Taryn Retief	Boksburg AC	24	4:52:58
91	Annatjie Botes	Nedbank SWD	57	4:53:46
92	Kutlwano Ramaboa	West Coast AC	38	4:54:07
93	Angelique Rabie	Carbineers WP	48	4:54:12
94	Dolly Khumalo	Rand Water CGA	39	4:54:17
95	Michelle de Montille	Hillcrest Villagers AC	38	4:54:21
96	Cherry Wellard	Rand AC	29	4:54:31
97	Suzaan Kruger	Outeniqua Harriers	32	4:54:46
98	Taryn Greenblatt	Rocky Road Runners	32	4:55:04
99	Heidi Kalidas	ZAM	32	4:55:14
100	Nicki Ryder	Rand AC	41	4:55:39

DNF: Shitaye Gemechu Debellu (ETH), Azwindini Gladys Lukhwareni, Samukeliso Moyo (ZIM), Paula Quinsee.

i) Incentive for the first three SA athletes.

ii) Incentive for the first five WP athletes.

Veterans:

1	Thabita Tsatsa	ZIM/Maxed Elite	42	3:51:11
2	Simona Juhász-Staicu	HUN	43	4:01:09
3	Julanie Basson	Born 2 Run AC	40	4:06:13

Masters:

1	Jane Mudau	Pietersburg Road Runners	52	4:25:23
2	Christine Claasen	Achilles Amateur Athletic Ass	50	4:50:31
3	Julie Shadwell	Phobians	53	4:52:38

G'masters:

1	Nancy Will	Pinelands AC	62	4:44:58
2	Monika Belau	GER	60	5:15:08
3	Elizabeth Routley-Driver	GBR	60	5:24:44

G/g'masters:

1	Avril Delapelin-Dumont	West Coast AC	70	6:54:22
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Half marathon

MEN

1	Stephen Lesego Mokoka	Transnet Engineering AC AGN	30	1:04:03	R25 000
2	Elroy Gelant	Boxer	28	1:04:07	R12 000
3	Joel Mmone	Nedbank DC CNW	24	1:04:08	R6000
4	David Manja	Nedbank DC CNW	23	1:04:19	R5000
5	Lusapho April	Oxford Striders	32	1:04:23	R4000
6	Sibusiso Nzima	Nedbank RC	28	1:04:28	R3000
7	Sibabalwe Mzazi	Transnet Engineering AC AGN	26	1:04:56	R2000
8	Precious Mashele	Transnet Engineering AC AGN	24	1:05:43	R1000
9	Kgosi Tsosane	Nedbank RC AGN	28	1:05:44	R750

10	Lloyd Bosman	Nedbank RC SWD	27	1:06:03	R500
11	Givemore Mudzinganyama	ZIM/Cool Running AC	25	1:06:55	
12	Thabang Moisaako	Nedbank DC CNW	20	1:07:07	
13	Mariano Eesou	NMMU AC	23	1:07:15	
14	Uveni Kuugongelwa	NAM	31	1:07:34	
15	Sithembele Fanekho	Born 2 Run AC (KZN)	23	1:07:51	
16	Derocious Makhobalo	Nedbank RC	26	1:08:13	
17	Etienne Plaatjies	Nedbank RC SWD	27	1:08:17	
18	Zolani Ngqaqa	Tinarha AC	26	1:08:29	
19	Nkosinathi Sotyantya	Itheko AC	21	1:08:37	R2500i
20	William Kaptein	Maties Stellenbosch AC	22	1:08:46	
21	Desmond Mokgobu	Boxer	26	1:09:43	
22	Chabeli Sidwell Nyedimane	Nedbank RC Bftn Achilles	31	1:10:14	
23	Melikhaya Frans	Tinarha AC	25	1:10:34	
24	Vuyolwethu Madikiza	Cheetahs AC	21	1:10:37	
25	Matthew Russell	Temporary-WP	26	1:11:04	R1250i
26	Virgina Ngudlumana	Itheko AC	26	1:11:47	R500i
27	Don Ndlovu	Cool Running AC	30	1:11:51	
28	Karabo Nkachela	Cool Running AC	29	1:12:29	
29	Sam Mokoena	Cool Running AC	19	1:13:02	
30	Nkosi Sikhosana	Anglo American Thermal Coal AC	30	1:13:18	1:13:18
31	Monde Polisiti	Oxford Striders	17	1:13:22	
32	Granwin Katzen	Celtic Harriers	19	1:13:28	
33	Michael John Davidson	Temporary-CGA	37	1:13:45	
34	Nelson Bass	VOB	36	1:14:10	
35	Vuyolwethu Mpukushe	Guguletu AC	24	1:14:23	
36	Raydon Balie	Wild Runner AC	20	1:14:24	
37	Ronny Mabotja	SAPS MPL	37	1:15:10	
38	Velaphi Justice Qwalane	Nedbank RC Bftn Achilles	19	1:15:31	
39	Justin Marais	Langeberg AC	19	1:15:38	
40	Babalo Hambu	Itheko AC	20	1:15:40	
41	Jacobus Stander	Temporary-WP	22	1:16:02	
42	Shawn Abrahams	Celtic Harriers	44	1:16:45	
43	Craig Burns	Temporary-WP	24	1:17:09	
44	Xavier Adams	Nedbank RC Eastern Cape	19	1:17:26	
45	Morne Olivier	Tuks AC	18	1:17:36	
46	Graham Katzen	Celtic Harriers	44	1:18:01	
47	Ian MacDonald	Rand AC	40	1:18:11	
48	Mervin Steenkamp	Itheko AC	26	1:18:19	
49	Lebohang Matsile	Cool Running AC	20	1:18:45	
50	Michael John Gombart	VOB	27	1:18:48	

i) Incentive for the first three WP athletes.

Veterans:

1	Shawn Abrahams	Celtic Harriers	44	1:16:42	R4000
2	Graham Katzen	Celtic Harriers	44	1:17:58	R3000
3	Ian MacDonald	Rand AC	40	1:18:08	R1500

Masters:

1	Tobias Philander	Itheko AC	50	1:23:15	R2000
2	Phil Court	Temporary-WP	53	1:27:02	R1000
3	Zaldeus Steenkamp	Helderberg Harriers	51	1:27:16	R750

G'masters:

1	Awie Veldsman	Helderberg Harriers	65	1:32:51	R2000
2	Christian Edwards	VOB	62	1:34:34	R1000
3	Peter Erasmus	Rand AC	61	1:37:16	R500

G/g'masters:

1	Peter van den Berg	Celtic Harriers	71	1:58:13	R1000
2	Joe Teixeira	Hamlett Online Team CGA	71	2:03:49	R500
3	Pieter Budde	Temporary-KZN	72	2:05:47	R250

Juniors:

1	Sam Mokoena	Cool Running AC	19	1:13:02	CR R750
2	Monde Polisiti	Oxford Striders	18	1:13:19	R500
3	Velaphi Justice Qwalane	Nedbank Bftn Achilles	19	1:15:28	R400

WOMEN (Same prize money as men)

1	Lebogang Phalula	Boxer	31	1:14:51	
2	Mapaseka Makhanya	Boxer	29	1:15:11	
3	Lebo Phalula	Maxed Elite	31	1:15:34	
4	Rutendo Nyahora	ZIM	26	1:15:43	
5	Jenna Challenor	Boxer	33	1:15:49	
6	Alina Armas	NAM	31	1:16:20	
7	Zintle Xiniwe	Temporary-WP	28	1:17:12	R2500i
8	Nolene Conrad	Boxer	29	1:17:18	
9	Annie Bothma	Nedbank RC WP	19	1:18:46	R1250i
10	Bulelwa Simae	Nedbank RC WP	37	1:20:46	R500i
11	Irvette van Zyl	Nedbank RC AGN	27	1:21:17	
12	Kate McDade	Temporary-CGA	27	1:21:46	
13	Marli van Staden	Runavation AC	21	1:23:59	
14	Nonhlanhla Dlamini	Cool Running AC	19	1:24:16	
15	Suzette Botha	Eskom Gijimas AC KZN	43	1:25:32	
16	Bettina Steiger	SUI	42	1:25:48	
17	Svenja Thoes	GER	23	1:25:58	
18	Janene Carey	Boxer	43	1:26:07	
19	Melissa van As	Nedbank RC SWD	33	1:27:07	
20	Jara Geissler	GER	20	1:27:26	
21	Sharon Tavengwa	ZIM	31	1:27:27	
22	Rebecca Maier	Atlantic AC	30	1:27:59	
23	Ricci-Lee Brookstone	Temporary-CGA	26	1:28:48	
24	Nomcebo Mthethwa	Umhlathuze AC	32	1:28:56	
25	Maryna Swanepoel	Eskom Gijimas Free State	28	1:29:14	
26	Farida Zwane	Cool Running AC	19	1:29:54	
27	Caitlyn de Beer	Temporary-KZN	26	1:29:56	
28	Jessica Pollock	UCT	21	1:29:58	
29	Clare Townsend	Temporary-WP	26	1:30:55	
30	Tanya Posthumus-Fox	Century City AC	34	1:30:58	
31	Cecilia Nel	Hartenbos Drawwers	33	1:31:05	
32	Leilani Scheffer	Run Walk For Life (Rustenburg)	31	1:32:09	
33	Ndileka Mvakwendlu	Tinarha AC	24	1:32:19	
34	Robyn Williams	Atlantic AC	25	1:32:50	
35	Somari Goussard	Temporary-WP	36	1:34:06	
36	Melanie Jennett	Fourways Road Runners	42	1:34:20	
37	Nicola Hooper	Cape Multisport Club	28	1:34:23	
38	Elmarie Coetzee	Cape Multisport Club	51	1:34:42	
39	Sana Pootona	Rand Water Vaal Triangle	24	1:34:48	
40	Leigh Barrow	UCT	20	1:34:51	
41	Nadia Louw	Paarl AC	28	1:34:58	
42	Marlise Robbertze	Temporary-MPL	36	1:34:59	
43	Kimberley Campbell	Temporary-AGN	25	1:35:06	
44	Clare Reilly	Temporary-AGN	25	1:35:10	
45	Janine Boonzaaier	Temporary-GW	24	1:35:11	
46	Palesa Patricia Lehasa	Tlokwe AC	26	1:35:28	
47	Marieke Kriek	Temporary-AGN	29	1:35:53	
48	Robyn van Niekerk	Temporary-AGN	34	1:35:59	

49	Helen Ibbotson	Pirates Road RC	39	1:36:02
50	Daniella Calthorpe	Harfield Harriers	22	1:36:05

i) Incentive for the first three WP athletes.

Veterans:

1	Suzette Botha	Eskom Gijimas AC KZN	43	1:25:29
2	Bettina Steiger	SUI	42	1:25:45
3	Janene Carey	Boxer	43	1:26:04

Masters:

1	Elmarie Coetzee	Cape Multisport Club	51	1:34:39
2	Janette Schierz-Crusius	Body Concept Road Warriors	54	1:37:02
3	Deborah Bredenkamp	Harlequin Harriers AGN	53	1:37:18

G'masters:

1	Koba Bellingan	Maties Stellenbosch AC	60	1:47:19 CR
2	Chloe Glover	Temporary-CGA	64	1:47:22
3	Veronica van Niekerk	Elgin Grabouw Athletic Club	69	1:50:39

G/g'masters:

1	Margaret Plantema	K-Way Vob Running Club	70	1:58:33
2	Willemien Smuts	Pentagon Pistols	74	2:06:59
3	Marlene James	Pinelands AC	71	2:12:26

Juniors:

1	Nonhlanhla Dlamini	Cool Running Athletic Club	19	1:24:19 CR
2	Farida Zwane	Cool Running AC	19	1:29:57
3	Cian Oldknow	Fitness From Africa AC	19	1:42:12

Harry Gwala District Marathon & 10 km

Umzimkulu, 29 March

(Distances: 42.195 km & 10 km)

Note 1: These races were reported to have had huge prize money, but the race flyer does not indicate the amounts. Also, no clubs were indicated for the 10 km, and no category results were provided for either race. The runner in fifth place in the marathon may be Tshidiso Bosiu. – Ed.

Note 2: One does not even have to make an RTB calculation to know that the 10 km is considerably short. The Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, shows the course to be well short. The RTB figure (for three time comparisons) is -15.0 sec/km – three times the allowable -5 sec/km. Although one would have liked to have more times available, the performances in this race can therefore not be used for statistical purposes. The figure for the marathon (nine comparisons) is -3.04 sec/km. – Ed.

Marathon

MEN

1.	Lungile Gongqa	Cheetahs AC	2:19:33
2.	Tsepang Ramonene	LES/Phantane AC	2:19:38
3.	Ntsindiso Mphakathi	Nedbank AC	2:19:42
4.	Philip Kigen	KEN/Transnet AC	2:20:11
5.	Sikhumbuzo Bosiu	Gauteng Str	2:21:14

WOMEN

1.	Lineo Chaka	LES/Nedbank AC	2:49:26
2.	Catherine Malungane	Transnet AC	2:54:15
3.	Makhosi Mhlongo	Savages AC	2:58:10
4.	Sharon Tavengwa	ZIM/Maxed Elite	2:59:52

5. Samukeliso Moyo ZIM/Maxed Elite 3:03:12

10 km

MEN

1.	Lewis Masunda (ZIM)	28:06
2.	Anele Dlamini	28:12
3.	Muthimkhulu Hatasi	28:13

WOMEN

1.	Mokulubete Makatsi	33:43
2.	Makampong Masaile Masile	34:01
3.	Alicen Manake(ZIM)	34:08

Laguna Mall 10 km

Langebaan, 28 March
(Finishers: 157)

MEN

1	Paseka	Parage	Salkoriane	18	36:40
2	Riaan	Williams	Temp	26	38:03
3	Takalani	Tsuwane	Temp	30	38:33
4	Keithwin	Fortuin	Hopefield	17	38:42
5	Mveliso	Fani	Langebaan Strandlopers	30	38:50
6	Jonas	Sibia	Temp	30	39:03
7	Sipho	Mataka	Phuma KZN	36	39:48
8	Terence	Brown	Bellville	60	39:50
9	Dawid	Andrews	Hopefield	49	39:56
10	Francois	Adams	Langebaan Athletics	33	40:09

WOMEN

1	Jess	McLeod	Temp	31	45:22
2	Nadia	Van Rooijen	Edgemead	41	47:00
3	Marijke	West	Swartland	31	47:11
4	Mia	Lyons	Temp	15	49:30
5	Wendy	Badenhorst	Defence	28	50:42
6	Tanya	Erasmus	Langebaan Strandlopers	25	51:08
7	Sandra	Bester	Langebaan Athletics	37	51:19
8	Dimakatso	Maila	Temp	27	51:29
9	Soreen	Gouws	Swartland	49	53:27
10	Cajsa	Meintjes	Langebaan Strandlopers	40	53:43

Battlefields Marathon (37th), Half Marathon & 10 km

Newcastle, 7 March

(Distances: 42.195 km, 21.1 km & 10 km; out-and-back courses. Finishers: marathon – 80; half marathon – 101; 10 km – 84.)

Note: No clubs or ages were provided by the organisers in the half marathon and 10 km – Ed.

Marathon

MEN

1	Malibogwe Dlamini	Ind	34	2:35:39 (R750)
2	Thulani Manana	Mpuma AC	21	2:38:56 (R400)
3	Bongani Ngobene	Osizweni AC	40	2:57:15 (R200)
4	Nkosikhona Bengu	Stella AC	36	3:07:33

5	Elbard Mbatha	Ladysmith AC	44	3:07:52
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WOMEN (Same prize money as men)

1	Nandi Zaloumis	Team Vitality	28	3:41:22
2	Marizanne Neethling	Goudvelds Multisport	25	3:52:03
3	Tessie Lundie	Assegai AC	56	4:02:29
4	Inet Geldenhuys	Newcastle Harriers	41	4:17:25
5	Alma Geldenhuys	Newcastle Harriers	42	4:17:25

Half marathon

MEN

1	Phumlani Sangweni	1:15:52 (R200)
2	Bongani	1:17:59 (R150)
3	Simphiwe Mgidi	1:22:23 (R100)

WOMEN (Same prize money as men)

1	Xoli Madida	1:38:10
2	Kim Hoaston	1:38:26
3	Sioblain Steyn	1:40:51

10 km

MEN

1	Bonginkosi Zwane	32:57 (R150)
2	Tsepang Selepe	33:14 (R100)
3	Bhekani Sothole	33:26 (R50)

WOMEN (Same prize money as men)

14	Nondumiso Sithole	46:42
18	Hlobisile Madida	48:48
22	Taryn Strydom	56:22

STATS TIME

This week we include a list of the top ten SA veteran women in the marathon for 2014. Secondary performances by the top three are also listed.

2014 MARATHON: TOP 10 VETERAN WOMEN

2:59:42	Zola Pieterse	Charleston	18 Jan
3:02:27	Gillian Sieling	Johannesburg	09 Feb
3:04:42	Shani Silver	Cape Town	21 Sep
3:05:01	Ursula Turck	Cape Town	21 Sep
3:05:20	Michelle Mee	Secunda	08 Mar
3:05:44	Sieling-2	Vereeniging	02 Mar
3:06:36	Ursula Frans	Cape Town	21 Sep
3:06:53A	Adele Waldron	Witsand	22 Nov
3:08:39	Lesley Train	Centurion	01 May
3:09:05	Mari Bruwer	Vereeniging	02 Mar
3:11:10	Tracy Forbes	Cape Town	21 Sep

THIS MONTH IN HISTORY

27 years ago: 2 April 1988

The first time the Old Mutual Two Oceans Marathon was run in April was on 23 April 1973, which is also the latest date it has ever been held (this also happened in 2011). The

earliest date ever is 2 April, and this has happened three times. The most memorable one was 1988, when Thompson Magawana set his phenomenal course record of 3:03:44, a time that has withstood all assaults on it ever since. The brilliant Magawana, who first appeared on the national scene in 1980 when he won the SA marathon title on the Cape Flats near Faure, went through the marathon mark in 2:15:05 and at 50 km set a new world record that also still stands: 2:43:38 (as well as 2:37:31 at 30 miles). Magawana had also won the Two Oceans the previous year, in 3:05:31. His two winning times remain the fastest in the history of the event; the closest any other runner has come was when Johnny Halberstadt set the previous course record (3:05:37) in 1981, and when Marco Mambo ran 3:05:39 ten years ago.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green.
- Ed.

MEN

Open

10 km	28:33	Stephen Mokoka	Durban	01 Mar
	28:02	Amos Mitei Kiplimo (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	44:12	Lusapho April	Port Elizabeth	28 Feb
	43:49	Temesgen Ejerssa Daba (ETH)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	64:03	Stephen Mokoka	Cape Town	04 Apr
	61:21A	Lusapho April	New York	15 Mar
	59:20	Stanley Biwott (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	82:32	Nkosihona Mhlakwana	Durban	08 Mar
	80:54A	Sipho Mbanjuli	Pinetown	25 Jan
30 km	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:17:37	Lukas Jani	Dubai	23 Jan
	2:05:28	Lemi Berhanu Hayle (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	49:30	Simon Mpholo	Kempton Park	28 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:32	Simon Mpholo	Pretoria	21 Feb
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		

25 km	1:48:16	Deon Janneher	Durban	08 Mar
	1:36:50A	Samson Mnyango	Pinetown	25 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:58	Charles Tjiane	Benoni	25 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:25	Eric Coetzee	Bellville	28 Mar
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:13	Desmond Zibi	Port Elizabeth	17 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	78:37	Daniel Mothibe	Benoni	25 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	37:40	Muhammad Kriel	Bellville	28 Mar
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	92:51	Awie Veldsman	Cape Town	04 Apr
25 km	2:13:26	Mbekiseni Mchunu	Durban	08 Mar
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:18:02	Michael Langa	Durban	01 Mar
100 km				
<u>Juniors</u>				
10 km	31:03	McMarshal Hartzenberg	Bellville	28 Mar
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	73:02	Sam Mokoena	Cape Town	04 Apr
	72:22A	Mduduzi Hlatshwayo	Paulpietersburg	15 Feb
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	34:03A	Lebo Phalula	Paulpietersburg	15 Feb
	31:00	Malika Asahssah (MAR)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:00	Ebeth Marais	Ravensmead	14 Mar
	46:14	Florence Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	74:48	Irvette van Zyl	Benoni	25 Jan
	65:09	Florence Kiplagat (KEN)		
	65:12	Florence Kiplagat (KEN) 2014		
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08	Jenna Challenor	Durban	08 Mar

	1:31:20	Marily dos Santos (BRA)		
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:45:00	Saori Noda (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:39:43	Tanith Maxwell	Gran Canaria	25 Jan
	2:19:52	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	84:01	Prudence Zwane	Pretoria	21 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:56:26	Ashleigh White	Durban	08 Mar
	1:42:12A	Suzette Botha	Pinetown	25 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:00	Adele Waldron	Camps Bay	04 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	3:06:35	Julanie Basson	Benoni	25 Jan
	3:02:08A	Jacqui Bakkes	Simon's Town	15 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:10	Elmarie Coetzee	Cape Town	29 Mar
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:03	Elmarie Coetzee	Ravensmead	14 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:40	Jane Mudau	Benoni	25 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:15:05	Debby de Koning	Durban	08 Mar
	2:06:53A	Maria Wareing	Pinetown	25 Jan
30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	3:11:23	Jane Mudau	Polokwane	28 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:44	Margie Saunders	Port Elizabeth	14 Feb
15 km	64:01	Margie Saunders	Port Elizabeth	28 Feb
21.1 km	1:44:11	Nancy Will	Cape Town	25 Jan
25 km	2:44:20	Maureen Parry	Durban	08 Mar
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19	Wendy Fitzmaurice	Durban	01 Mar
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
10 km	36:12	Nicole van der Merwe	Pretoria	28 Feb

15 km	31:42	Zola Pieterse (RSA) 1984		
	58:26	Pamelia Moyikwa	Ravensmead	14 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	84:19	Nonhlanhla Dlamini	Cape Town	04 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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